GCSE PE Kickstart

Summer 2024

Physical Education

DOWNHAM MARKET
ACADEMY

TASK 1: Principles of Training Research
Complete the below research tasks

Using the link to BBC Bitesize: [The principles of training - Principles of training - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize](#)

1. Watch the video on the Athlete's training programme

2. Research and make notes on Specificity, Progression, Overload and Reversibility

3. Research and make notes on the FITT principle

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"At present I am training three times a week. I use a different method of training for each session, but I make sure I focus on appropriate tasks for my activity. At the end of each session I plan the next one, gradually increasing the amount of work I do. I am worried that my holiday in 3 weeks time may impact my fitness."

Read the extract and state four principles of training that is involved?

Annotate where they have mentioned these in the text.

PART 2A:

Complete an extract like the one above for the training you currently do in your main sport of choice to bring to your first lesson.

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Task 3: Types of Training
Complete the below table on all the types of training

Types of Training

The type of training that is performed by athletes depends on the sport for which they are training.

C Complete the table below to outline the key points of each type of training.

These are all forms of interval training

Continuous Training	Fartlek Training	Interval Training	High-intensity Interval Training	Circuit Training	Weight Training	Plyometrics
What?	What?	What?	What?	What?	What?	What?
Components	Components	Components	Components	Components	Components	Components
Advantages	Advantages	Advantages	Advantages	Advantages	Advantages	Advantages
Disadvantages	Disadvantages	Disadvantages	Disadvantages	Disadvantages	Disadvantages	Disadvantages
Useful for	Useful for	Useful for	Useful for	Useful for	Useful for	Useful for